

# APPLICATION OF PROPORTION OF DAY COVERED (PDC) TO EVALUATE ADHERENCE AND PERSISTENCE TO TREATMENT WITH FINGOLIMOD IN PATIENTS WITH MULTIPLE SCLEROSIS

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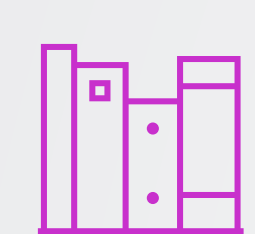
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## Background and Importance

Multiple sclerosis (MS) is a chronic, neurodegenerative disease of the central nervous system with an unpredictable and potentially disabling course. Although there is no definitive cure for MS, the disease-modifying drugs (DMDs) represent available strategies to improve the patients' quality of life treating relapses, modifying the disease course and managing symptoms. **Therapeutic adherence** is essential to obtain the efficacy of these treatments: poor adherence reduces its clinical effectiveness which can adversely impact disease progression, MS-related hospitalisation and mortality rates.

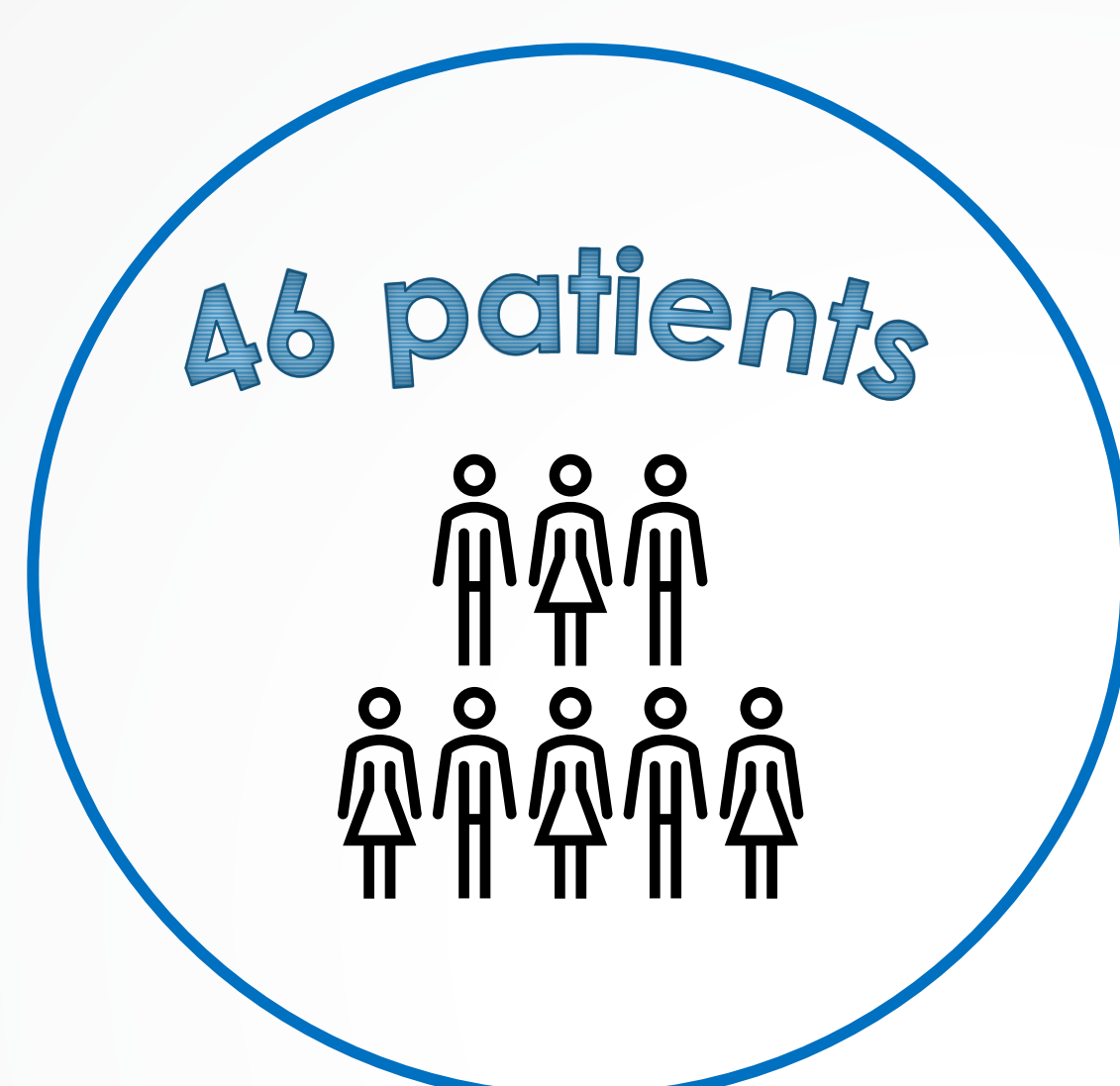
## Materials and Methods



Retrospective study



12 months:  
June 2021 - May 2022



Data obtained by consulting an informatic program indicating for each patient:

- age
- therapy start and eventual end date
- switch from or to other drugs

Adherence was calculated as **Proportion of Days Covered (PDC)** and classified in low adherence (PDC<40%), partial adherence (PDC=40–79%) and adherence (PDC≥80%)<sup>1</sup>.

## Aim and Objectives

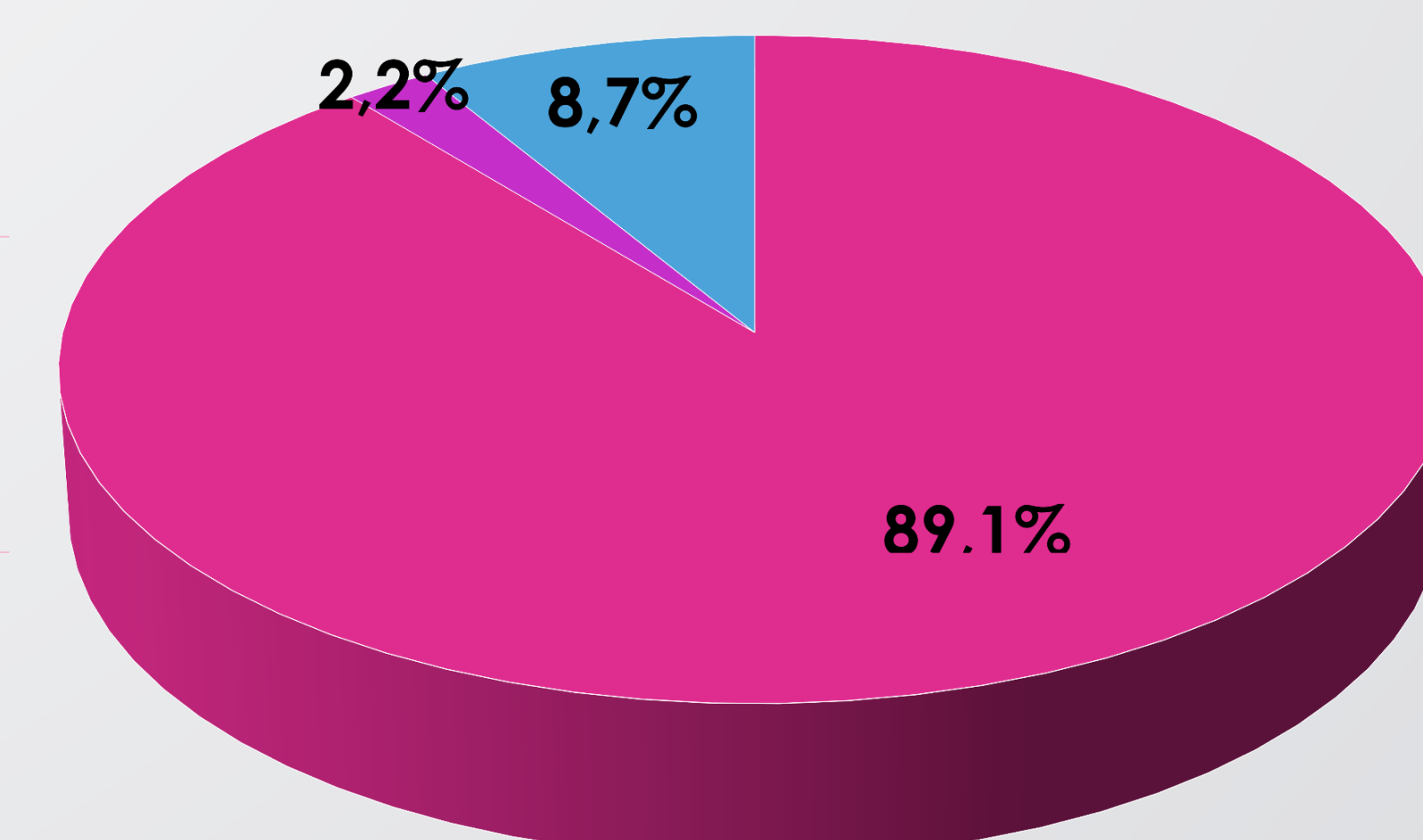
The aim of this study was to evaluate adherence and persistence to therapy with fingolimod, an oral DMD, in patients followed up by a MS reference center.

## Results

**ADHERENCE: PDC >80% in 41 patients (89.1%)**

**PARTIAL ADHERENCE: 40% < PDC < 80 % in 1 patient (2.2%)**

**LOW ADHERENCE: PDC < 40% in 4 patients (8.7%)**



2 patients



Suspended it temporarily  
(bad compliance)

2 patients



Suspended definitively the treatment  
(inefficacy or adverse effects)

1 patient



Lost at follow up

■ Adherence

■ Partial adherence

■ Low adherence

## Conclusions and Relevance

From the data obtained it's possible to assert that **the oral therapy with fingolimod presents good adherence and compliance**, very important factors to get clinical effectiveness of MS pharmacological treatment. This study showed also the important role of hospital pharmacist, together with the clinician, in monitoring medication adherence.

## References

1. Degli Esposti et al., Clinicoecon Outcomes Res. 2022; 14: 139–147.

